

Intervention: Guiding Good Choices (formerly Preparing for the Drug-Free Years)

Finding: Mixed evidence

Potential partners to undertake the intervention:

- | | |
|---|--|
| <input checked="" type="checkbox"/> Nonprofits or local coalitions | <input type="checkbox"/> Businesses or labor organizations |
| <input checked="" type="checkbox"/> Schools or universities | <input type="checkbox"/> Media |
| <input type="checkbox"/> Health care providers | <input type="checkbox"/> Local public health departments |
| <input type="checkbox"/> State public health departments | <input type="checkbox"/> Policymakers |
| <input type="checkbox"/> Hospitals, clinics or managed care organizations | <input type="checkbox"/> Other: |

Background on the intervention:

The Guiding Good Choices curriculum is designed to educate parents on how to reduce risk factors and strengthen bonding in their families. In five two-hour sessions, parents are taught skills on improving family involvement and interaction; setting clear expectations, monitoring behavior, maintaining discipline; and other family management and bonding approaches.

Guiding Good Choices was formerly known as Preparing for the Drug-Free Years.

Findings from the systematic reviews:

Available research provides mixed evidence on the effectiveness of this program. The National Institute on Drug Abuse (NIDA) lists Guiding Good Choices as a model program. However, the Office for Educational Research and Improvement (OERI) found insufficient evidence to either recommend or not recommend Preparing for the Drug Free Years but cited it as a promising program. For more information see the link below.

Additional information:

Guiding Good Choices - www.channing-bete.com/positiveyouth/pages/FTC/FTC-GGC.html

References:

OERI - [Exemplary and Promising: Safe, Disciplined, and Drug-Free Schools Programs](http://www.ed.gov/admins/lead/safety/exemplary01) - www.ed.gov/admins/lead/safety/exemplary01

NIDA - [Preventing Drug Use Among Children and Adolescents: A Research-Based Guide](http://www.nida.nih.gov/Prevention/Prevopen.html) - www.nida.nih.gov/Prevention/Prevopen.html